

ADHD Center for Success

12625 High Bluff Dr., Ste. 202
San Diego, CA 92130
(858) 481-4988 Fax (858) 792-5095

Adult General Symptom Checklist

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well. List other person _____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Other/Self

- ___ 1. depressed or sad mood
- ___ 2. decreased interest in things that are usually fun, including sex
- ___ 3. significant weight gain or loss, or marked appetite changes, increased or decreased
- ___ 4. recurrent thoughts of death or suicide
- ___ 5. sleep changes, lack of sleep or marked increase in sleep
- ___ 6. physically agitated or "slowed down"
- ___ 7. low energy or feelings of tiredness
- ___ 8. feelings of worthlessness, helplessness, hopelessness or guilt
- ___ 9. decreased concentration or memory MD 5
- ___ 10. periods of an elevated, high or irritable mood
- ___ 11. periods of a very high self esteem or grandiose thinking
- ___ 12. periods of decreased need for sleep without feeling tired
- ___ 13. more talkative than usual or pressure to keep talking
- ___ 14. racing thoughts or frequent jumping from one subject to another
- ___ 15. easily distracted by irrelevant things
- ___ 16. marked increase in activity level
- ___ 17. excessive involvement in pleasurable activities which have the potential for painful consequences (spending money, sexual indiscretions, gambling, foolish business ventures) ME 10,3
- ___ 18. panic attacks, which are periods of intense, unexpected fear or emotional discomfort (list number per month ___)
- ___ 19. periods of trouble breathing or feeling smothered
- ___ 20. periods of feeling dizzy, faint or unsteady on your feet
- ___ 21. periods of heart pounding or rapid heart rate
- ___ 22. periods of trembling or shaking
- ___ 23. periods of sweating
- ___ 24. periods of choking
- ___ 25. periods of nausea or abdominal upset
- ___ 26. feelings of a situation "not being real"
- ___ 27. numbness or tingling sensations
- ___ 28. hot or cold flashes
- ___ 29. periods of chest pain or discomfort
- ___ 30. fear of dying
- ___ 31. fear of going crazy or doing something uncontrolled PD 18,4
- ___ 32. avoiding everyday places for fear of having a panic attack or needing to go with other people in order to feel comfortable
- ___ 33. excessive fear of being judged by others which causes you to avoid or get anxious in situations
- ___ 34. persistent, excessive phobia (heights, closed spaces, specific animals, etc.) please list _____
- ___ 35. recurrent bothersome thoughts, ideas or images which you try to ignore
- ___ 36. trouble getting "stuck" on certain thoughts, or having the same thought over and over
- ___ 37. excessive or senseless worrying
- ___ 38. others complain that you worry too much or get "stuck" on the same thoughts

- ___ 39. compulsive behaviors that you must do or you feel very anxious, such as excessive hand washing, checking locks, or counting or spelling
- ___ 40. needing to have things done a certain way or you become very upset
- ___ 41. others complain that you do the same thing over and over to an excessive degree (such as cleaning or checking) OC 3
- ___ 42. recurrent and upsetting thoughts of a past traumatic event (molest, accident, fire, etc.)
please list _____
- ___ 43. recurrent distressing dreams of a past upsetting event
- ___ 44. a sense of reliving a past upsetting event
- ___ 45. a sense of panic or fear to events that resemble an upsetting past event 1
- ___ 46. you spend effort avoiding thoughts or feelings associated with a past trauma
- ___ 47. persistent avoidance of activities/situations which cause remembrance of upsetting event
- ___ 48. inability to recall an important aspect of a past upsetting event
- ___ 49. marked decreased interest in important activities '
- ___ 50. feeling detached or distant from others
- ___ 51. feeling numb or restricted in your feelings
- ___ 52. feeling that your future is shortened 3
- ___ 53. quick startle
- ___ 54. feels like you're always watching for bad things to happen
- ___ 55. marked physical response to events that remind you of a past upsetting event, i.e., sweating when getting in a car if you had been in a car accident
- ___ 56. marked irritability or anger outbursts
- ___ 57. unrealistic or excessive worry in at least a couple areas of your life PTS 2
- ___ 58. trembling, twitching or feeling shaky
- ___ 59. muscle tension, aches or soreness
- ___ 60. feelings of restlessness
- ___ 61. easily fatigued
- ___ 62. shortness of breath or feeling smothered
- ___ 63. heart pounding or racing
- ___ 64. sweating or cold clammy hands
- ___ 65. dry mouth
- ___ 66. dizziness or lightheadedness
- ___ 67. nausea, diarrhea or other abdominal distress
- ___ 68. hot or cold flashes
- ___ 69. frequent urination
- ___ 70. trouble swallowing or "lump in throat"
- ___ 71. feeling keyed up or on edge
- ___ 72. quick startle response or feeling jumpy
- ___ 73. difficult concentrating or "mind going blank"
- ___ 74. trouble falling or staying asleep
- ___ 75. irritability GAD 6
- ___ 76. trouble sustaining attention or being easily distracted
- ___ 77. difficulty completing projects
- ___ 78. feeling overwhelmed of the tasks of everyday living
- ___ 79. trouble maintaining an organized work or living area
- ___ 80. inconsistent work performance
- ___ 81. lacks attention to detail
- ___ 82. makes decisions impulsively
- ___ 83. difficulty delaying what you want, having to have your needs met immediately
- ___ 84. restless, fidgety
- ___ 85. make comments to others without considering their impact
- ___ 86. impatient, easily frustrated
- ___ 87. frequent traffic violations or near accidents AAD 5
- ___ 88. refusal to maintain body weight above a level most people consider healthy
- ___ 89. intense fear of gaining weight or becoming fat even though underweight
- ___ 90. feelings of being fat, even though you're underweight AN 3

- ___ 91. recurrent episodes of binge eating large amounts of food
- ___ 92. a feeling of lack of control over eating behavior
- ___ 93. engage in regular activities to purge binges, such as self induced vomiting, laxatives, diuretics, strict dieting or strenuous exercise
- ___ 94. persistent overconcern with body shape and weight BN 2
- ___ 95a. involuntary physical movements or motor tics (such as eye blinking, shoulder shrugging, head jerking or picking).
How long have motor tics been present? ___ How often? ___ describe _____
- ___ 95b. involuntary vocal sounds or verbal tics (such as coughing, puffing, blowing, whistling, swearing).
How long have verbal tics been present? ___ How often? ___ describe _____
- ___ 96. delusional or bizarre thoughts (thoughts you know others would think are false)
- ___ 97. seeing objects, shadows or movements that are not real
- ___ 98. hearing voices or sounds that are not real
- ___ 99. periods of time where your thoughts or speech were disjointed or didn't make sense to you or others
- ___ 100. social isolation or withdrawal
- ___ 101. severely impaired ability to function at home or at work
- ___ 102. peculiar behaviors
- ___ 103. lack of personal hygiene or grooming
- ___ 104. inappropriate mood for the situation (i.e., laughing at sad events)
- ___ 105. marked lack of initiative PsD 3
- ___ 106. frequent feelings that someone or something is out to hurt you or discredit you
- ___ 107. do you snore loudly (or do others complain about your snoring)
- ___ 108. have others said you stop breathing when you sleep
- ___ 109. do you feel fatigued or tired during the day SA
- ___ 110. do you often feel cold when others feel fine or they are warm
- ___ 111. do you often feel warm when others feel fine or they are cold
- ___ 112. do you have problems with brittle or dry hair
- ___ 113. do you have problems with dry skin
- ___ 114. do you have problems with sweating
- ___ 115. do you have problems with chronic anxiety or tension ThyA 2
- ___ 116. impairment in communication as manifested by at least one of the following: (Check those that apply)
___ delay in, or total lack of, the development of spoken language (not accompanied by an attempt to compensate through alternative modes of communication such as gesture or mime)
___ in individuals with adequate speech, marked impairment in the ability to initiate or sustain a conversation with others
___ repetitive use of language or odd language
___ lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level
- ___ 117. impairment in social interaction, with at least two of the following: (Check those that apply)
___ marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
___ failure to develop peer relationships appropriate to developmental level
___ lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest)
___ lack of social or emotional reciprocity
- ___ 118. repetitive patterns of behavior, interests, and activities, as manifested by at least one of following: (Check those that apply)
___ preoccupation with an area of that is abnormal either in intensity or focus
___ rigid adherence to specific, nonfunctional routines or rituals
___ repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements)
___ persistent preoccupation with parts of objects

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Adult Brain System Checklist

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well.

List other _____

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known
Other	Self				

- ___ 1. Fails to give close attention to details or makes careless mistakes
- ___ 2. Trouble sustaining attention in routine situations (i.e., homework, chores, paperwork)
- ___ 3. Trouble listening
- ___ 4. Fails to finish things
- ___ 5. Poor organization for time or space (such as backpack, room, desk, paperwork)
- ___ 6. Avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
- ___ 7. Loses things
- ___ 8. Easily distracted
- ___ 9. Forgetful
- ___ 10. Poor planning skills
- ___ 11. Lack clear goals or forward thinking
- ___ 12. Difficulty expressing feelings
- ___ 13. Difficulty expressing empathy for others
- ___ 14. Excessive daydreaming
- ___ 15. Feeling bored
- ___ 16. Feeling apathetic or unmotivated
- ___ 17. Feeling tired, sluggish or slow moving
- ___ 18. Feeling spacey or "in a fog" 8,6,4
- ___ 19. Fidgety, restless or trouble sitting still
- ___ 20. Difficulty remaining seated in situations where remaining seated is expected
- ___ 21. Runs about or climbs excessively in situations in which it is inappropriate
- ___ 22. Difficulty playing quietly
- ___ 23. "On the go" or acts as if "driven by a motor"
- ___ 24. Talks excessively
- ___ 25. Blurts out answers before questions have been completed
- ___ 26. Difficulty waiting turn
- ___ 27. Interrupts or intrudes on others (e.g., butts into conversations or games)
- ___ 28. Impulsive (saying or doing things without thinking first) 8,6,4
- ___ 29. Excessive or senseless worrying
- ___ 30. Upset when things do not go your way
- ___ 31. Upset when things are out of place
- ___ 32. Tendency to be oppositional or argumentative
- ___ 33. Tendency to have repetitive negative thoughts
- ___ 34. Tendency toward compulsive behaviors
- ___ 35. Intense dislike for change
- ___ 36. Tendency to hold grudges
- ___ 37. Trouble shifting attention from subject to subject
- ___ 38. Trouble shifting behavior from task to task
- ___ 39. Difficulties seeing options in situations
- ___ 40. Tendency to hold on to own opinion and not listen to others
- ___ 41. Tendency to get locked into a course of action, whether or not it is good
- ___ 42. Needing to have things done a certain way or you become very upset
- ___ 43. Others complain that you worry too much
- ___ 44. Tend to say no without first thinking about question

- ___ 45. Tendency to predict fear ACG 10,7,4
- ___ 46. Frequent feelings of sadness
- ___ 47. Moodiness
- ___ 48. Negativity
- ___ 49. Low energy
- ___ 50. Irritability
- ___ 51. Decreased interest in others
- ___ 52. Decreased interest in things that are usually fun or pleasurable
- ___ 53. Feelings of hopelessness about the future
- ___ 54. Feelings of helplessness or powerlessness
- ___ 55. Feeling dissatisfied or bored
- ___ 56. Excessive guilt
- ___ 57. Suicidal feelings
- ___ 58. Crying spells
- ___ 59. Lowered interest in things usually considered fun
- ___ 60. Sleep changes (too much or too little)
- ___ 61. Appetite changes (too much or too little)
- ___ 62. Chronic low self-esteem
- ___ 63. Negative sensitivity to smells/odors DLS 10,7,4
- ___ 64. Frequent feelings of nervousness or anxiety
- ___ 65. Panic attacks
- ___ 66. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- ___ 67. Periods of heart pounding, rapid heart rate or chest pain
- ___ 68. Periods of trouble breathing or feeling smothered
- ___ 69. Periods of feeling dizzy, faint or unsteady on your feet
- ___ 70. Periods of nausea or abdominal upset
- ___ 71. Periods of sweating, hot or cold flashes
- ___ 72. Tendency to predict the worst
- ___ 73. Fear of dying or doing something crazy
- ___ 74. A void places for fear of having an anxiety attack
- ___ 75. Conflict avoidance
- ___ 76. Excessive fear of being judged or scrutinized by others
- ___ 77. Persistent phobias
- ___ 78. Low motivation
- ___ 79. Excessive motivation
- ___ 80. Tics (motor or vocal)
- ___ 81. Poor handwriting
- ___ 82. Quick startle
- ___ 83. Tendency to freeze in anxiety provoking situations
- ___ 84. Lacks confidence in their abilities
- ___ 85. Seems shy or timid
- ___ 86. Easily embarrassed
- ___ 87. Sensitive to criticism
- ___ 88. Bites fingernails or picks skin BG 10,7,4
- ___ 89. Short fuse or periods of extreme irritability
- ___ 90. Periods of rage with little provocation
- ___ 91. Often misinterprets comments as negative when they are not
- ___ 92. Irritability tends to build, then explodes, then recedes, often tired after a rage
- ___ 93. Periods of spaciness or confusion
- ___ 94. Periods of panic and/or fear for no specific reason
- ___ 95. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- ___ 96. Frequent periods of deja vu (feelings of being somewhere you have never been)
- ___ 97. Sensitivity or mild paranoia
- ___ 98. Headaches or abdominal pain of uncertain origin
- ___ 99. History of a head injury or family history of violence or explosiveness
- ___ 100. Dark thoughts, may involve suicidal or homicidal thoughts